



# **Spirit Day 2015**

## **Intermediate**

### **Workshop**

### **Catalogue**

**We are grateful to the following people and groups for sharing  
their time and expertise to make Spirit Day possible for our  
students:**

Birdie Chan  
Dancin Stars  
Monika Gray  
Lynn Lim  
Dandy Horse Cycles  
Cheryl Tong  
MADD Metro Vancouver  
Fortis BC  
Klaudia Williams  
Siva Ramesh  
Curtis Lister  
Artspace Children's Arts Centre  
Mme. Richter  
Mrs. Moore and Mr. Lapthorne  
Rebecca Shorten  
Carlsen Ma  
Jennifer Heft  
Ms. Cheung and Mrs. Mollica  
M. March  
Zehra Hussain  
Lynne and Brian Vidier  
Anne Deliyannides  
GardenWorks Burnaby  
Umeko Laird  
Ms. Fletcher  
Ms. Tazumi  
Mrs. Boulanger  
Mrs. Glavas, Mrs. Hanson, and Ms. Robson  
Zumba by Lubna  
Burnaby Karate Academy  
St John's Ambulance  
Ms. Bastone, Mrs. Kaga, and Ms. Graham  
Angela Foggetti

Ravi and Cynthia Ghanason  
Hughe Rose  
SFU Science Outreach  
Grouse Mountain  
The Wildlife Rescue Association  
Jennifer Osiris  
The Home Depot  
Beatrice King  
Moksha Yoga Burnaby  
Emma Regan

## **Your 2015 Spirit Day Committee:**

Marita Maas  
Cheryl Healey  
Lisa Buysse  
Penny Chisholm  
Alison Cuvier  
Marie Dickens  
Eszter Nemeth  
Eva Yip  
Mary Holmes  
Shamina Patni

**SEAFORTH SPIRIT DAY**  
**Friday April 24, 2015**  
**Intermediate Workshop Program**

Dear Parents and Students,

On the following pages you will find our workshop offerings for Spirit Day 2015. We are excited about our theme of diversity and have some wonderful workshops for you this year. We have produced two catalogs: these are separated for both Primary and Intermediate Students. This is the INTERMEDIATE STUDENT Catalog, which contains listings and descriptions of all workshops that intermediate students are eligible to attend.

For the purposes of this program, Intermediate Students are those students in Grades 4-7.

The numbers in parenthesis are the number of available spaces in each workshop. We will make every effort to place you in the workshops of your choice – please be sure to mark your first, second, third and fourth choices on your form.

There are some workshops that are open only to students in specific grades and these exceptions are highlighted in yellow.

Some workshops ask that you bring or wear something on Spirit Day, those items are noted in RED.

Have fun choosing your workshops.

Remember, your completed form is due back to school by April 8th.

## **Session A: 9:15 – 10:15am**

A2-I **Cardmaking** (15) Birdie Chan  
Do you need a card for that special occasion? Or do you just like to make cards? We will make 3 cards that you can use for any occasion.

\*\*\*Please bring Scissors & Glue\*\*\*

A6-I **Pedal Heads!** (15) Dandy Horse Cycles  
Come and join us for a combination of safety courses and obstacles courses by Pedal Heads!

\*\*\*Some bikes will be available but please feel free to bring your own bike and helmet!

A8-I **The Human Brain and Alcohol** (20) MADD Vancouver  
Are you curious about how alcohol affects your brain? Come and learn about the dangers of drinking and driving and how to keep yourself safe on the road.

A11-I **Classical Indian Dancing** (10) Siva Ramesh  
In this class you will learn the beauty of classical Indian Dance and even get to try on some costumes!

A12-I **Chess Club** (24) Curtis Lister  
Test your skills or discover the exciting world of chess. Players will participate on multiple games and learn from a chess master.

**A13-I Discover Ukulele (15)**

Winnie Tam – Artspace

Explore the world of music and ukulele in this fun workshop! Intermediate students will learn chords and notes to play a hit song. No experience or ukulele required!

**A14-I Beautiful Birds (15)**

Mme. Richter

In this art adventure you will draw, colour or paint beautiful birds.

\*\*\*Please bring pencils, pencil crayons, and watercolour set\*\*\*

**A19-I Creative Artworks (15)**

Rebecca Shorten

This exciting multimedia class provides children with an opportunity to explore a variety of visual arts materials and techniques including painting, printmaking, collage and 3D sculpture.

**A21-I Science Fun – “Marble Run” & More! (20)**

Mrs. Mollica & Ms. Cheung

In this fun workshop you will do various science experiments, including Mrs. Mollica’s world famous “Marble Run”. You will also have the chance to experiment with an exotic polymer to create.....nope - you’ll have to sign up to find out!

**A22-I Animation (16)**

**\*\*DOUBLE BLOCK\*\***

M.March

This will be an introduction to animation on the iPad. Students will create a short stop frame animation.

**This is a DOUBLE BLOCK workshop which covers Session A and Session B, so if you choose this workshop LEAVE SESSION “B” BLANK.**

A23-I **Money as you Grow** (10) Zehra Hussain – Investors Group  
Come and learn about finances through interactive games and activities.  
Planning, budgeting and monitoring your financial goals and objectives.

A24-I **Spa Science** (16) Lynne and Brian Vidler and Anne Deliyannides  
Explore the real chemistry behind your favorite beauty products and whip up a few things to take home! You will learn to use natural ingredients to make cool concoctions to use as gifts or to keep for yourself!

A26-I **Special Effects Makeup** (25) Umeko Laird  
Come and see how your favourite characters are made for TV and film. One model will be chosen to display the special effects demo.

A29-I **Tessellmania** (20) Mrs. Boulanger  
Create a tile and tessellate it to make a piece of art!

\*\*\*Please bring Scissors & Glue and art supplies\*\*\*

A41-I **Ski School** (30) Grouse Mountain  
A ski instructor will present on Ski/snowboarding techniques and will also discuss mountain safety and code of conduct. There will be a Q&A period at the end.



A46-I **Bridge Building** (21) **\*\*TRIPLE BLOCK\*\*** Ms. Bisceglia and M.Lucarelli  
**Grade 6+7 only**

Following a presentation on the evolution of bridge design, student will be challenged to build their own weight-bearing bridge.

**This is a TRIPLE BLOCK workshop which covers Session A, B, and C so if you choose this workshop LEAVE SESSION "B" and "C" BLANK.**

A47-I **A New Leash on Life** (25) PADS

Participate in this introduction to the life training and contributions of working service dogs. Discover the dogs' progress from litter and early years through specialized training, graduation and work as a full service dog.

## **Session B: 10:45 – 11:45am**

**B3-I Hip Hop** (30) Dancin' Stars School of the Performing Arts  
Do you feel like dancing? If so, this class is for you! In this fun class you will learn basic techniques which we will put together for our own unique dance combo!

**\*\*\* Gym Attire is recommended \*\*\***

**B5-I Fun Public Speaking** (20) Lynn Lim  
Students will learn how to effectively craft and organize their speeches. They will have a chance to participate in impromptu speaking exercises while learning some basic good public speaking techniques in a fun and interactive session.

**B7-I Pinatas!** (12) Cheryl Tong  
Cinco de Mayo on May 5<sup>th</sup> is a big celebration in Mexico. In the spirit of this fiesta, we will be making miniature pinatas. These can later be filled with candy at home!

**B8-I The Human Brain and Alcohol** (20) MADD Vancouver  
Are you curious about how alcohol affects your brain? Come and learn about the dangers of drinking and driving and how to keep yourself safe on the road.

**B9-I Energy is Awesome** (50) FORTIS BC  
In this workshop you will learn about Awesome Energy – Natural Gas. In this interactive, hands-on workshop, a Fortis BC representative will explain what natural gas is, where it comes from, how it is used, how to be safe around it and how to conserve it. We will also talk about alternative sources of energy, show some great videos and provide an opportunity to ask questions. Small prizes will be given out to all attendees. For the most attentive listeners, there will be an opportunity to win special prizes.

**B15-I Theatre Sports (18)** Mme. Richter  
Do your family and friends enjoy your quick sense of humour? Do you like to act? Come learn theatre games like wax museum, darling, commercials clap in, and space jump.

**B16-I Flag Football (24)** Mrs. Moore and Mr. Lapthorne  
**Grades 4+5 only**  
This course is designed to develop an awareness of the flag football concept and teach basic offensive and defensive strategies. Student should be prepared to participate Rain or Shine.

**\*\*\* Gym Attire is recommended \*\*\***

**B18-I Karate Kick-fit (22)** Carlsen Ma  
In this workshop you will learn everything from basic stretching, ladder exercises, and Karate punching and kicking techniques. You will even have a demonstration from certified Black Belt!

**B21-I Science Fun – “Marble Run” & More! (20)** Mrs. Mollica & Ms. Cheung  
In this fun workshop you will do various science experiments, including Mrs. Mollica’s world famous “Marble Run”. You will also have the chance to experiment with an exotic polymer to create.....nope - you’ll have to sign up to find out!

**B23-I Money as you Grow (10)** Zehra Hussain – Investors Group  
Come and learn about finances through interactive games and activities. Planning, budgeting and monitoring your financial goals and objectives.

B27-I **Speed Stacking** (30)

Ms. Fletcher

Come and learn this internationally competitive sport! Speed stacking is stacking a set of 12 cups in patterns as fast as possible.

B29-I **Tessellmania** (20)

Mrs. Boulanger

Create a tile and tessellate it to make a piece of art!

\*\*\*Please bring Scissors & Glue and art supplies\*\*\*

B31-I **Zumba Kids** (15)

Lubna Dalupang

This workshop features exciting music & moves that will get you movin' to the beat. It's all about feeling fearless on the dance floor, reinforcing the idea that it's ok to just be yourself and dance like no one's watching! We combine fitness & dance in an effort to promote wellness for a lifetime!

\*\*\* Gym Attire is recommended \*\*\*

B39-I **Soccer Camp** (15)

Emma Regan

Work on your soccer skills with a member of the U17 Canadian woman's soccer team and a Seaforth grad!

\*\*\* Gym Attire is recommended \*\*\*

B40-I **Why Bears** (20)

Grouse Mountain

Come and watch a short video, "Why Bears," followed by a presentation with artifacts that will encourage students to think about and discuss why any one species is important to the health of our home, and the earth in general.

## **Session C: 1:00 – 2:00pm**

### **C1-I Scrapbooking (15)**

Birdie Chan

Come and make a Summer Scrapbook perfect for your summer pictures. We will decorate the scrapbook with cute embellishments and use really cute summer themed paper. It is not necessary to bring pictures to this workshop.

**\*\*\*Please bring Scissors & Glue\*\*\***

### **C4-I Hands on Science (15)**

Monika Gray

This workshop is filled with fun experiments and activities. Create Frankenstein's hand, elephant toothpaste, "fireworks" in water and more.... All this using articles you find at home!

### **C5-I Fun Public Speaking (20)**

Lynn Lim

Students will learn how to effectively craft and organize their speeches. They will have a chance to participate in impromptu speaking exercises while learning some basic good public speaking techniques in a fun and interactive session.

### **C7-I Pinatas! (12)**

Cheryl Tong

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(24)

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Grades 6+7 only

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Zehra Hussain – Investors Group

Come and learn about finances through interactive games and activities. Planning, budgeting and monitoring your financial goals and objectives.

**C24-I Spa Science (16)**

Lynne and Brian Vidler and Anne Deliyannides

Explore the real chemistry behind your favorite beauty products and whip up a few things to take home! You will learn to use natural ingredients to make cool concoctions to use as gifts or to keep for yourself!

**C25-I Flowers Make Scents (20)**

Garden Works

Your sense of smell is one of your most powerful senses. Learn from flowers how the sense of smell can bring back memories and is used socially.

C26-I **Special Effects Makeup** (25) Umeko Laird  
Come and see how your favourite characters are made for TV and film. One model will be chosen to display the special effects demo.

C32-I **Martial Arts** (16) Sandeep Gill  
Experience a mini martial arts class complete with games, self-defence exercises, and block work.

C36-I **Ultimate Frisbee** (25) Ravi Ghanason  
Enjoy of fun filled game of ultimate Frisbee. If you have never tried this sport before you will have a blast!

C38-I **DNA Extraction** (30) SFU Science Outreach  
Students will learn about DNA and will participate in a hands-on activity where they will be extracting DNA from fruit

C39-I **Soccer Camp** (15) Emma Regan  
Work on your soccer skills with a member of the U17 Canadian woman's soccer team and a Seaforth grad!

**\*\*\* Gym Attire is recommended \*\*\***

C44-I **Acting!** (20) Beatrice King  
Come and act out scenes from a movie and participate in a number of improvisational games.

C45-I      **Yoga for Kids**      (25)      Moksha Yoga Burnaby

Enjoy this fun, all-ages activity! In this workshop you will learn about the many benefits of yoga, stretching, strengthening, balancing, body awareness, etc.